

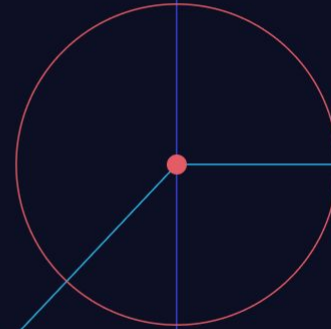


Team Sim Essentials Training Deck

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Version 0.1

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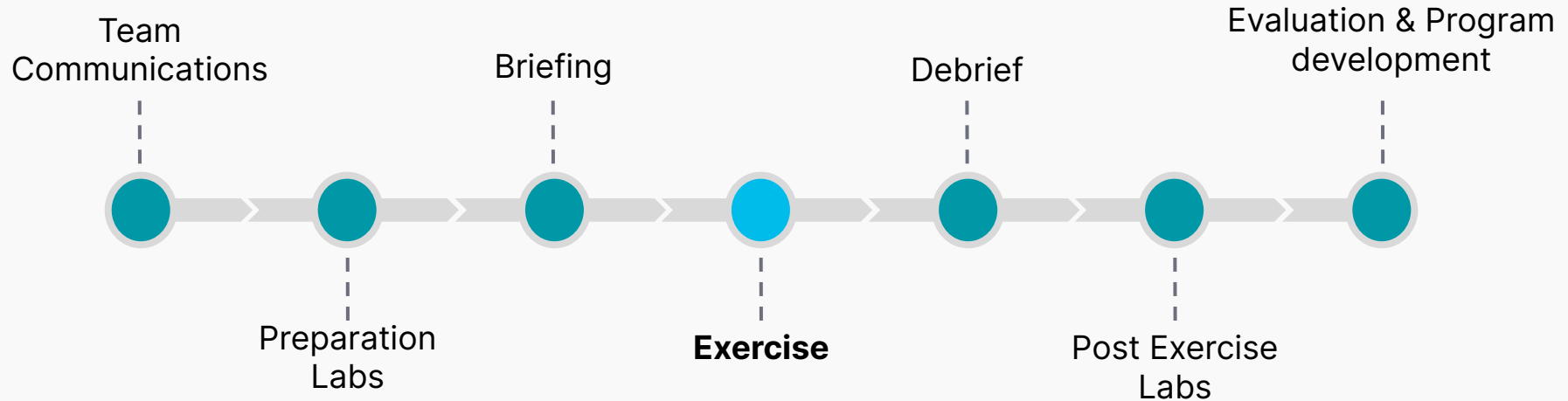
The Leader in People-Centric Cyber Resilience





Exercise Approaches

Recommended Activity for running a Team Sim



Team Approach Examples



Chairperson

One team lead and nominated “spokesperson” to submit answers”



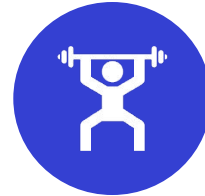
One Team

The team works through tasks together as one



Relay

Allocated time slots for each team member (or sub team) before handing over to the group



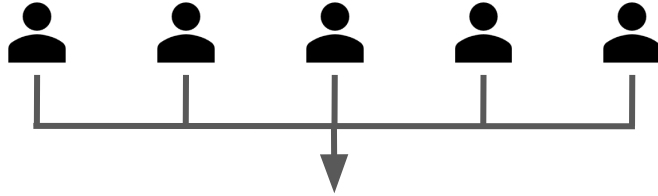
Play to Strengths

Allocate tasks based on individual strengths in the team



Chairperson

1. All team members work through the exercise, but **DO NOT** submit their answers.



2. Regular team checkpoint meetings to validate each other's findings and answers



3. The team's nominated chairperson submits the agreed answers on behalf of the whole team.



Best for

- Big teams
- Knowledge sharing
- Focusing on individual technical skills



Pros

- Everyone gets to attempt 100% of the exercise
- Can share knowledge across the team, supporting less experienced members



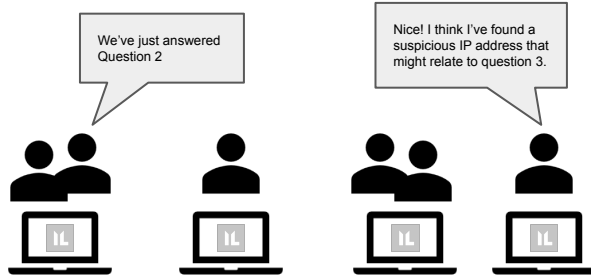
Cons

- Does not simulate incident response working dynamics
- May take longer to complete exercise



One Team

1. All team members work through each stage of the exercise together in unison, constantly communicating.



2.

Options to each have individual workstations for multiple concurrent investigations, or screen sharing between team members.

3.

Anyone can submit answer attempts



Best for

- Small teams
- Participants at the same location
- Shadowing and mentoring



Pros

- Greater requirement for team communication
- Encourages collaborative approach



Cons

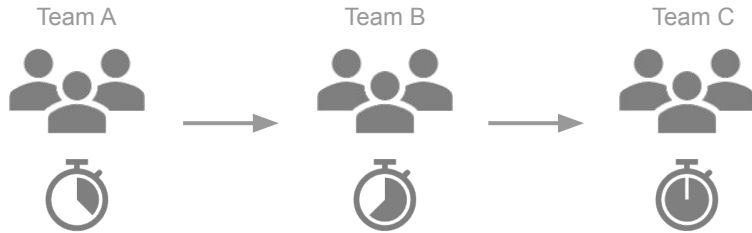
- Some participants may not get to fully complete each exercise task
- Chance of more experienced participants completing tasks too quickly



Relay Mode

2.

Team A begins the exercise to a certain point or for a agreed maximum time before stopping. Team A conducts a thorough handover to Team B, who continue the exercise.



1.

The team is split into sub-teams. For this example, we have Team A, B and C.

3.

Team B then hand over the exercise to Team C at an agreed point. Team C finish the exercise.



Best for

- Geographically dispersed members (such as follow-the-sun model teams)
- Exercising handover communication



Pros

- Realistic simulation of handover communication mid-investigation
- Team building across different time zones



Cons

- Each sub-team will have different experiences of the exercise.
- Each sub-team will only complete a portion of the exercise



Team Strengths



1. Identify strengths (or weaknesses) of team members in certain skills and abilities.



2. Assign roles and certain investigation tasks to team members based on skill set.



3. Alternatively for a challenge, assign roles and tasks based on weaknesses in individual skills.



Best for

- Speed focused exercising
- Established teams that have worked together before



Pros

- May lead to quick completion times
- Maximises team strengths
- Representative of real world dynamics



Cons

- Individuals will not get to experience completing entire exercise
- Some individuals may be utilised more than others

Exercise Enhancement Ideas



Mid-exercise communications

Halfway through an exercise, contact the teams and ask for a situational update or draft up incident communications.



Incident Report

The team must produce a short incident report by the end of the exercise, summarising their findings (and recommended next actions).



Tournament / Leagues

Encourage engagement via competition. Prizes for winners. Track points over a series of exercises (by team or by individual).



Debrief

Reflective discussion and inter-team knowledge sharing.

Technical Exercising

Debrief Design

Time in minutes, based on a 60 minute session.

WELCOME

- Expectation setting
- Slido setup (interactive polls)

5

OVERVIEW

- Brief scenario reminder (optional)
- Understand team dynamics and approaches taken
- Understand overall team experience - easy and challenging sections

15

EXERCISE BREAKDOWN

- Focus on each exercise stage / segment
- Encourage groups to share methods of approach
- Equating actions taken to impact during a real incident or task
- Slido - visibility of individual confidence ratings

25

REFLECTIONS

- Discuss general team reflections on performance
- Encourage users to consider their next upskill steps
- General feedback and enjoyment

15



Debrief Additional Insights



Individual Confidence

Uncover confidence levels for individuals across different skills.



Team Dynamics

Identify go-to approaches, and dependencies on key individuals.



Contextual Knowledge Gaps

Identify level of understanding behind the “why” of approaches and processes.



Feedback & Suggestions

Provide a space for the team to spark ideas and process improvements.

How confident did you feel approaching this task?

Confident

☐ 0%

Somewhat confident

☐ 0%

Neutral

☐ 0%

Somewhat unconfident

☐ 0%

Unconfident

☐ 0%

☐ I don't remember / not applicable to me



Debrief Design

Facilitation Key points:

- Focus is on reflection, methodology and approach to the problems
- Avoid detailed facilitator-led step-by-step walkthrough instructions
 - Expectation should be set: the debrief is not a coaching or classroom training session
- Interactive session - Discussion is required
- Large groups may require extra thought around delivery and logistics



Things to consider

- What do you want to achieve and/or foster from a long term program?
- What is the objective for this exercise?
- Who will be involved?
- How long should the exercise run for?
- What is the ideal format for briefing and debriefing?
- Which scenario?
- Any practical logistics and operational factors or priorities to consider
- Any challenges, concerns or niggling doubts to address?

